

A Book of COOKERY,

K *405*
And the order of MEATES to
be served to the Table, both for
Flesh and Fish dayes.

with many Excellent wayes for the
Dressing of all usuall sorts of Meats, both
Bak'd, Roysted, or Roasted, of *Flesh, Fish, Fowle,*
or others, with their proper Sawces.

*As also many rare Inventions in Cookery
for made Dishes: with most notable pre-
serves of sundry sorts of Fruits.*

Likewise for making many preeious
Water, with divers approved Medicines
for grievous Diseases.

*With certaine points of Husbandry how to
order Oxen, Horses, Sheep, Hogges, &c.
with many other necessary points for
Husbandmen to know.*

May. 10. L O N D O N :

Printed by Jeane Bell, dwelling at the
East end of Christ-Church, 1650.

A Book of COOKERY,

And the order of Manners to
be served to the Table both for
Festive and ordinary days.



For the use of the
British Museum
Library

With various points of History, Geography, &c.
and many other necessary points for
the use of the Library

L O N D O N :

Printed by James Ball, dwelling at the
end of Chesham Church, 1779.



Here followeth the order of Meats
how they must be served to the

T A B L E.

Services for Flesh-days at Dinner.

The first Course.

Pottage of steebo broth, boyled meat of steebo
ed meat, Chickens and Bacon, potaged
Beefe, Pies, Goose, Pigges, roasted Beefe,
roasted Weale, Custard.

The second Course.

Roasted Lambe, roasted Capons, roasted Co-
nyes, Chickens, Pea-hens, baked Venison Hart,

The first Course at Supper.

A Ballad, Pigs-pettes, potaged Beefe,
sliced, a shoulder of Mutton or a best of Weale,
Lambe, Custard.

The second Course.

Capons roasted, Cones roasted, Chickens
roasted Pigeons roasted, Larkes roasted, a Pie of
Pigeons or Chickens, baked Venison, Hart.

A Booke of

The service at Dinner.

A dozen of Quailles, a dish of Larkes, Two Pasties of red Deere in a dish, Tart, Ginger-bread Fritters.

Service for Fish dayes.

Butter a Sallet with hard Egges, Pottage of sand Geles, and Lampernes, red Herring green broyled, white Herring, Ling, Haberdine Mustard, salt Salmon minced; two Pasties of Fallow Deere in a dish, a Custard, a dish of Leaches.

The second course

Jelly, Peacocks, sauce Wine and Salt; two Connynges halfe a dozen Rabbits, sauce Mustard, and Sugar, halfe a dozen of Pigeons, Mallard, Teyle; sauce Mustard and Wermuyce, Gullies, Storke, Heronshebe, Crab, sauce Calentine: Curlews, Birture, Custard, Feasant, sauce Water and Salt with Onions sliced, half a dozen Wood-cocks, sauce Mustard and Sugar, halfe a dozen Teales, sauced as the Feasants; a dozen of Quailles; a dish of Larkes, two Pasties of red Deere in a dish, Tart, Ginger-bread, Fritters.

Service for Fish dayes.

Butter a Sallet with hard Egges, red Herring greene broyled, white Herring Ling, Haberdine,

Cookery.

dine, sauce Mustard salt Salmon minced, sauce Mustard and Wersupce, and a little Sugar, potodzed Conger, Shad, Packrell, sauce Vineger, Whiting, sauce with the Liber and Mustard, Blayce, sauce Dozrell, Wine and Salt, Mustard oz Wersupce, Thorneback, sauce Liber and Mustard, Pepper and Salt strewed upon, after it is bruised: fresh Cod, sauce Greene sauce, Dace, Gullet, Eeles upon soppes, Roche upon soppes, Perch, Pike in Pike-sauce, Wrotot upon soppes, Tench in Gelly. oz Goresill Custard.

The second Course.

Flounders oz Fleokes, Pike-sauce, fresh Salmon fresh Conger, Boile, Turbut, Breame upon soppes, Carpe upon soppes, Soles oz any other Fish fryed, roasted Eeles, sauce the dipping) roasted Lamperns, roasted Poppes, fresh Stuckion, sauce Valentine, Credis, Crab, Shrimps, sauce Vineger.

Baked Lampery, Tart, Figges, Apples, Almonds, blanched, Chace, Raisins, Peares.

For Boild Meats.

To boile a brawne.

Take your Bratone, and when you have cut him out, lay him in faire water foure and twenty houres, and shift it foure or fife times, and scrape and binde up those pieces that you shall thinke good with Perny: then binde one handfull of greene Willowes together, and lay them in the bottome of the Panne and put in your Bratone, and skim it very cleane and let it boyle but softly; and it must be so tender that you may put a straw throught it, and when it is boyled enough, let it stand and coole in the panne; and when you take it up, let it lie in Traves one houre or two, and then make larding drinke with Ale and water and salt and you must make it very strong, and so let it lie by a week before you spend it.

To boyle Meate for dinner.

Take the ribbes of a necke of Mutton, and stuffe it with Margerome, Sabozie; Lime, Parsley chopped small, Currans, with the yolkes of two Egges, Pepper and Salt, then put it in to a Posnet with faire water, or else with the li

quod

quoz of some meat with Vinegar, Pepper and Salt, and a little Butter, and so serbe it.

Take Veale and put it into a posnet with Carret rootes cut in long pieces, then boile it, and put thereto a handfull of Prunes & crum-
es of bread, then season it with pepper, salt, and vinegar.

To boyle a Leg of Mutton with
a Pudding.

First with a knife raise the skin round about, till you come to the joynts, and when you have parboyled the meat, shzed it fine with sewet
oz marroto, Parsley, Pargerome and Pennyry-
all; then season it with Pepper and Salt, Cloves
Pace, and Cinamon, and take the yolkes of 9 oz
10 Egges, and mingle with your meat a good
handfull of Currans, and a few minced Dates,
and put the meat into the skinn of the legge of
Mutton, and close it with pizicks, and so boile it
with the broth that you boile a Capon, and set it
with the space of two houres.

To boile a Lambes head and
Purtnance.

Straine your broth into a Pipkin, and set
it on the fire, and put in Butter, and skim,

it as clean as you can, and put in your Wheat; and put in Onions, and cut it a little, and strain a little Pease and put into it, and Currans and Rumes, and put in all manner of Spices, and so serbe it upon soppes,

To boyle a Mallard with Cabbedge.

TAke some Cabbedge and pick and wash them clean, and parboyle them in faire water, then put them into a Collender, and let the water run from them clean: then put them into a faire earthen pot, and as much sweet broth as will cober the Cabbedge, and sweet Butter, then take your Mallard and rost it halfe enough, and take the dropping of him; then cut him in the side, and put the Mallard into the Cabbedge, and put into it all your dropping: then letting it steame an houre, season it with salt, and serbe it upon soppes.

To boyle a Ducke with Turneps.

TAke her first and put her into a pot with stewed broth, then take Parsly and Sweet Peasants and chop them, and parboyle the Turneps small on another pot, then put unto them sweet Butter, Cinamon, Ginger, grosse Peppere and

and tobole space, and so season it with Salt, and
serbe it uppon soppa.

To boyle Mutton and Chickins.

Take your Mutton and Chickins, and set up-
on the fire, with faire water, and when it is
well scummed, take two handfuls of Cabbedge
Lettice, a handfull of Currans, a good piece of
Butter, the iuice of two oz thye Leamons, a
good deale of grosse Pepper, and a good piece of
Sugar, and let them seeth all well together; then
take thye 3 or foure posbes of Egges together hard
rosted, and straine them with part of your broth,
let them seeth the quantity of an houre; then serbe
your broth with Meate uppon soppa,

To boyle Chickins.

First, you shall take Chickins and boyle them
with Grapes and with a rack of Mutton to-
gether, and let the rack of Mutton boyle before
the Chickins one houre and a halfe; then make
a bunch of Hearbs with Rosemary, Lime, Sa-
boze, and Hyssope, and also Marjoram, and binde
them fast together, put them in the pot, and
when you see your time put in your Chickins
with Parsly in their bellies, and a little sweet
Butter, Clove and Pepper, and when you
habe so done, boile your Grapes in a little
pipin

pipkin by themselves, with some of the broth of the Chickens, but take heed you boile not them too much, noz yet to little, and then take the yolks of fyre Egges; and straine with a little broth of the pot, and when they are strained, put them in the pipkin to the Grapes, and stirre them; and when they begin to boile, take them from the fire, and stir them a good while after you have taken them up, then have your stappets ready in a platter, and lay your meat upon it, then take your pipkin, with Grapes and all that is in it, and pour it upon the meat, and after this sort serbe it in.

Another way to boile Chickens.

STrain your broth into a pipkin, and put in your Chickens; and skim them as cleare as you can; and put in a piece of Butter, and a good deal of Sazrell, and so let them boile; and put in all manner of Spices, and a little Meriuyce; and a few Barberies; then cut a Lemmon in pieces, and scrape a little Sugar upon them, and lay them upon the Chickens when you serbe them up, and lay tops in the dish.

Another

Another way to boile Chickens.

You must straine your broth into a pipkin, and set it a boiling, and skim it, putting in a piece of Butter and Endibe, and so let it boile with a feto Carraways, and all manner of Spices, and so serbe it on sops.

To boile a Neats tongue.

The Nptimis, in faire water and salt, then peelee it, and cut it in the middle; and then boile it in red wine, and fill it full of Cloves, and a little Sugar, and then wash it with a little sweet broth to do away the sent of the wine; and you must make a little red Mustard with red wine & Rues boiled together; then straine it, and strain a little Mustard in a fine clout together, and so serbe it.

To boile a Pigs peticoes.

Take and boile them in a point of Verjuice and Bastard, take foure Dates minced with a feto small Raisons; then take a little Lime and chop it small, and season it with a little Cinamon and Ginger, and a quantity of Verjuice.

To boile a Coney.

You must boile your Coney, and straine your sweet broth in a pipkin, and put in your meat, skimme it as cleane as you can and put in a good deale of Endibe, and cut it a little

a little and a good piece of Butter, and all kinde of spices, and a little Mercurie, and so serbe it in soppes.

To smere a Coney.

Take the Eibers and boyle them, and chop and sweet Hearbs, Apples, and the yolkes of hard Egges, and chop them all together, with Currans, Sugar, Cinamon, Ginger and Parsly, and fill the Cony full thereof; then put her in the sweet broth, and put in sweet Butter; then chop the yolke of hard Egges, Cinamon, Ginger, Sugar, and cast it on the Cony, when you serbe it up, season it with salte, serbe it on soppes, and garnish it with fruit.

To boyle Conyes.

Take a Coney and parboyle it a little, then take a good handfull of Parsly and a few sweet Hearbs, and the yolkes of foure hard Egges, chop them all together, then put in Pepper and a few Currans, and fill the Conyes belly full of Butter, then brack hir head betwene her hind legs, but break her not, and put her into a faire earthen pot with Spurgeon broth, and the rest of the stuffe roste it up round, and put it in withall, and so boyle them well together, and serbe it with soppes.

To

To boile a Capon.

Put the Capon into the powder befe pot; and when you thinke it almost tender, take a cleane pot and put therein halfe water and halfe wine, Marrow, Currans, Dates, whole Spice, Rue, Pepper, and a little Lime,

Another way to boile a Capon.

Catch the Capon it selfe in water and salt, and nothing else; and to make the broth, take strong broth made with Beefe or Mutton broth, that it be strong broth and put into it Rosemary, Parsly, Lime, with foure leaues of Sage, and let stech in it a good while, and then put into small raisins and a few whole Spice. A quarter of an houre before it be ready to be taken from the fire, have ready sodden foure or fife egges scalded hard, take nothing out but the yolks strain the Egges with a little of the same broth and Rue, have a little marrow cut in small pieces, and if that time of yeere do serue, take the heart of Lettice, cutting off the tops to the best, and take a few Bones with 2 or 3 Dates. Thus let it stech a quarter of an houre or more, & when it is ready to take up have your dish with tops ready; & the water well strained out of the Capon, and

and then season the broth with a little Pepper then take it and dish it and scrape upon it a little Sugar, laying the Prunes round about the side.

To boile a Capon with Sirrop.

Boyle your Capon in sweet broth, and put grosse Pepper and whole Spices into the Capons belly, and make your sirrop with Spinage, white wine and Currans, Sugar, Saffron and Ginger, and sweet Butter, and so let them boile; and when your Capon is ready to serue put the sirrop on the Capon, and boile your Spinage before you make your sirrop.

To boile a Capon with Oranges and Lemmons.

Take Oranges and Lemmons pilled, and cut them the long way and if you can, keep your Cloves whole, and put them into your best broth of Mutton or Capon, with Prunes or Currans, and three or foure dates, and when they haue bene well sodden, put whole Pepper, great Spice, a great piece of Sugar, some Rose-water, and either white or Claret Wine, and let all these seeth together a while, and serue it upon toppes with your Capon.

To boile a Capon in white broth
with Almonds.

Take your Capon with Marrow bones, and set them on the fire, and when they be clean skimmed, take the fattest of the broth and put in a little pot with a good deale of Marrow, Bayes, Raisins, Dates, whole Mace, and a pint of white Wine; then blanch your Almonds and straine them with them thicken your pot, and let it seeth a good while, and when it is enough, serue it upon sops with your Capon.

To boile a Capon in white broths

Take a good Capon and scalde him, then trusse him, and when he is faire washed, put him into your pot, and take a good Marrow bone or two, or if you haue no Marrow bones, take a neck of Mutton, and when your Capon is halfe boiled, take a pottle of the uppermost of your broth and put it into a faire Posnet, then take two handfuls of fine Currans, and eight Dates, cut ebery one of them in four pieces, a four or five whole Mace; foure spoonfuls of Theriacke, and as much Sugar as an Egge; a little Wine, and a little Parsley, and a little Margerum, and if you haue no Margerum, then one small sprig

of Rosemary, binde all your hearbs fast together and when you have clean washed them, put to the said hearbs Sugar, Currans, Spice, and Wine-juice into your Potnet, and a grated Nutmeg, and let them boyle all together, and when it is almost enough, have a small handfull of Almonds blanched, beaten and strained with a little of the same liquoz, and put that into your broth a good quarter of an houre before you take it up, and that will make it white; you must also put in some good pieces of marrow, and let not the marrow and the Dates seeth above halfe an houre, you must take a good handfull of Pezunes, and tye them in clean clothes, and seeth them in the broth where the Capon is when you take up your Capon to serbe it in, lay a few sippets in the bottome of your platter, and lay a few Pezunes and Barberies both about the hzm of the platter, and also upon the Capon; you may boyle Chickens in the like sort.

To boyle Pigeons in black-broth.

First roast them a little, then put them in an earthen pot, with a little quantity of sweet broth, then take Onions and slice them, and set them on the coales with some Butter, to take away the scent of them, put them

them into the Pigeons, and leyze it with a toste
of Bread dratone with Wineger; then put some
sweet Herbs halfe cut, and Sinamon, Ginger,
and grosse Pepper, let them boyle, season them
with Salt, serbe them upon sops, and garnish
them with Setoit.

To boyle Muggets.

First parboyle them, and take White and chop
them both together, and put Currans, Dates
Sinamon, Ginger, Cloves and Spice, grosse pet-
ter, and Sugar if you will, two or three yolkes
of Egges, and seerb them together with salt, and
put in the stiffe into the Caboles of Sputton;
then put them in dishes, and take two or three
Egges white and all, and purring them on teh
Caboles, and make some pretty sauce for them.

To boyle Pye-Meat.

TAke a legge of Sputton, and mince it very
fine with setoit, and seerb it in a little pan or
an earthen put with Butter, and season it with
Cloves and Spice, great Reasons Peunnes and
Salt, and serbe it in a dish; and if you will put
in some iuyce of Oranges, laying halfe an Or-
enge upon it.

To make boyled Meat after the French
manner.

Take Pigeons and larde them, and then
put them on a Roach, and let them be
halfe roasted, then take them off the Roach
and make a Pudding of sweete hearbes of
every sort a good handfull. and chop On-
ion and lobite amongst the hearbes very small, and
take the yolkes of five or six egges. and grate
bread and season it with Pepper Sinamon and
Ginger. Cloves and Mace, Sugar and Currans
and mingle all together, and then put the stuff
on the Pigeons, round about, and then put the
Pigeons into the Cabbedges that be parboyled
and binde the Cabbedge fast to the Pigeons, and
then put them into the pot where you meane to
boyle them; and put in Beefe broth into them
and Cabbadges chopped small, and so let them
boyle, and put in Pepper, Cloves and Mace, and
pricke the Pigeons full of Cloves before you put
the Pudding on them, and put a peece of butter
Sinamon and Ginger, and a little Vinegar and
lobite Wine, and so serbe them up, and garnish
them with fruit, and serbe one in a dish, and put
a little of the broth you must put into the dish
when you serbe them up.

To boyle Teales.

Take sweet broth and Onions, and sized them and Spinage; then put in Butter and Pepper and leppe it with tostes of bread, with a little Verjuyce, and so serbe it on soppes.

To boyle Plovers.

You must straine your sweet broth into a pipkin, and set them on the fire, and when they boyle you must skim them, then put in a piece of Butter, and a good deale of Spinage, and a little Parsly, and a piece of Carret root cut very small, and a few Currans, and so let them boyle; and all manner of Spices, and a little white wine, and a little Verjuyce, and so serbe them upon soppes.

To boyle Quales.

First, put them into a pot with sweet broth, and set them on the fire, and then take a Carret root and cut it in pieces, and put it into the pot; then Parsly with sweet Hearbs, and chop them a little, and put them into the pot, then take Cinamon, Ginger, Nutmegs and Pepper, and put in a little Verjuyce, and so season it with Salt; serbe them upon soppes, and garnish them with fruit.

A Book of To boyle Larkes.

Take sweet bread, and straine it into a pipkin, then set it on the fire, and put in a piece of Butter, skum it as cleane as you can, and put in Spinage and Endibe, cut it a little and so let it boyle; then put in Pepper, Cloves, Mace; Cinamon, Ginger, and a little Wersycke, and when you serbe them up, lay sops in the dish.

To make a Mortis.

Take Almonds and blaunch them, and beate them in a morter, then boyle a Chicken, and take all the flesh off him and beate it, and straine all together with milke and water, and put them into a pot, and put in Sugar and stirre them still, and when it hath boyled a good while, take it off, and set it a cooling in a payle of water, and straine it againe with Rose water into a dish.

For Sten'd Meates.

To stew Steakes between two Dishes.

You must put Parsly, Currans, Butter, Wersycke, and 2. or 3. yolkes of Egges, Pepper, Cloves and Mace, and so let them boile together, and serbe them upon sops.

To

To stew Steakes of Mutton.

TAke a piece of Mutton and cut it in pieces, wash it very cleane, and put it into a faire pot with Ale, or with halfe Wine; then make it boyle, and skim it cleane, and put into your pot a faggot of Rosemary and Thyme; then take some Parsly picked fine, and some Onyons cut round, and let them all boyle together; then take Prunes, Raisins, Dates and Currans, let it boyle all together, and season it with Cinamon Ginger, Nutmegs, two or three Cloves and salt, and so serbe it on sops and garnish it with fruit.

To stew Calves feet.

TAke Calves feet faire blanced, and cut them in the halfe, and when they be moze then halfe boyled, put to them great Keasins, Mutton broth, a little Saffron and Sweet Butter, Pepper, Sugar, & smoe Sweet Hearbs finely minced: boyle Calves feet, Sheepes feet, or Lambs feet with Mutton broth, Sweet Hearbs and Onyons chopped fine, Butter and Pepper, and when they boyle take the yoke of an Egge and straine it with Meriuge, and so serbe it.

To stew a Mallard.

TAke a Mallard and seethe him in faire water, with a good Marie-bone, and in
B 3
Cab.

Cabbedge. wort oz Cabbedge. lettice, oz both
 some Parsnop rootes and Carret rootes; and when
 all these be well sodden, put in Prunes enough
 and three Dates, and season him with Salt
 Cloves and Mace, and a little Sugar and Pep-
 per, and then serbe it forth with sippers, and put
 the marrow upon them, and the Dates quartered
 then the Prunes, and the roots cut in round
 slices, and lay them upon the sippers also, and the
 Cabbedge leaues lay upon the Mallow.

To shew a Cock.

You must cut him in six pieces, and wash
 him cleane: then take Prunes, Currans
 and Dates cut very small, Reasons of the
 Summe, and Sugar beaten very small; Si-
 namon, Ginger and Nutmegs likewise bea-
 ten, and a little Maridenhaire cut very small
 then you must put him in a Pipkin, and put
 in almost a pinte of Muscadine, and then
 your Spice and Sugar upon your Cock
 and put in your fruit betwene ebery quar-
 ter, and a peece of Gold betweene ebery piece
 of your Cock; then you must make a Lid of
 Wood fit for your Pipkin, and close it as
 close as you can with paste, that no ayre
 come out, nor water can come in; and then

you must fill two brasse pots, so that the pipes
 ete touch not the brasse pot bottomne usz the pot
 des, and so let them boyle 24 heures, and fill
 up the pot still as it boyles away with the other
 pot that stands by, and when it is boyled, take out
 your Gold, and let him drinke it fasting, and it
 shall help him; this is opprobred.

To sowce a Pigge.

Take white Wine, and a little sweet broth,
 and halfe a score Nutmegs cut in quarters,
 then take Rosemary, Bayes, Lime, and sweet
 Marjorum, and let them boyle together, skim
 them very clean, and when they be boyled, put
 them into an earthen pan, and the sirrop also; and
 when you serbe them, put a quarter in a dish, and
 the Bayes and Nutmegs on the top.

For Roast Meats.

To make Aloes.

Take the Leg of Meale oz Mutton, and slice
 it in thine slices, and lay them in a platter,
 and cast on Salt, and put thereon the yolkes of
 ten Egges, and a great sort of small Raisins and
 Dares finely minced, then take Vineger and a

little Saffron, Cloves and Spice, and a little Pepper, and mingle it together, and potoze it all about it, and then all to worke it together; and when it is thozoboly seasoned put it on a spit, and set Platters underneath it, and baste it with Butter; and then make a sauce with Vineger, Ginger and Sugar, and lay the Aloes upon it, and so serbe it in.

To make a Pudding in a breast of Veale.

TAke Parsly and Lime, wash them, pick them and chope them small; then take 8. yolkes of Egges, grated Bread, and halfe a pint of Cream being very sweet; then season it with Pepper, Cloves and Spice, Saffron and Sugar, small Raisins and Salt, put it in and roste it, and so serbe it.

To roste Deares Tongues.

TAke Deares Tongues and Larde them, and serbe them with sweet sauce.

To roste a Hare.

WAsh her in faire water, parboyle her, then lay her in cold water; then larde her and rost her, and for sauce take red Wine, Salt, Vineger, Ginger, Pepper, Cloves and Spice, put these together; then mince Onyons and Aples, and fry them in a pan; then put your sauce to them with a little Sugar, and let them boyle

boyle together, and then serbe it.

Another way to roste a Hare.

You must not cut off her head, feet nor eares but make a Pudding in her belly, and put paper about her eares that they burne not; and when the Hare is roasted, you must take Sinnamon and Ginger, and grated Bzead, and you must make very sweet sauce; then put in some Barberries, and let them boyle all together.

To roste a Carpe or Tench with a Pudding in his belly.

Take the Rones of a Pipe and chope them very small, then put in grated Bzead two or three Egges, Currans, Dates, Sugar Sinnamon, Ginger, Pace, Pepper and Salt, and put him on a broach, and make sweet sauce with Barberries or Lemmons minced, and when the Carpe is roasted, put it on the Carpe, and so serbe it up.

A sauce for a Cony.

Cut Onyons in rundels, and fry them in Butter, then put to them wine Vineger, Salt, Ginger, Camomil and Pepper, and a little Sugar, and let it boyle till it be good and fast, then serbe it upon the Cony.

For

For Bak'd Meats.

To bake a Gammon of Bacon.

Take a Gammon of Bacon, waſhe it ſeuerall dayes, and parboyle him halfe enough, and lay him in preſſe; then take the ſwerde of him and ſtuſſe him with Clobes, and ſeaſon him with Pepper and Saſſon, and cloſed up in a ſtanding Rye, bake him, and ſo ſerue him.

To bake a Gammon of Bacon to keepe cold.

You muſt firſt boyle him a quarter of an houre before you ſtuſſe him, then ſtuſſe him with ſweet Hearbs and hard Egges chopped together wth Parsly.

To bake a fillet of Beef to keepe cold.

Mince him very ſmall, and ſaſh him with Pepper and Salt, and make him up together accordingly and put them into your Rye and larde them very thick.

To bake fillets of Beef, or clode, in ſtead of red Deere.

Firſt take your Beef, and larde it very thick, then ſeaſon it with Pepper and Salt, Sinamon and Ginger, Clobes and ſuch good ſtaſe, with a great deale more
Quantity

quantity of Pepper and Scult, then you should
 a piece of Venison: then cover it up in Paste
 and when it is baked take Vinegar, Sugar, Si-
 mon and Ginger, and put in it; then make
 the Pastie, and stop it close, and let it stand al-
 most a fortnight before you cut it up.

To bake a Neates tongue.

First powder the Tongue three or foure daies,
 and then seeth it in faire water, then blanch
 it and lard it, and season it with a little Pepper
 and Salt, then bake it in Peye paste and before
 you close up your Peye, strew upon the Tongue a
 good quantity of Cloves and Spice beaten into
 powder, and upon that halfe a pound of Butter,
 then close up your Peye very close, and make a
 round hole in the top of the Peye. Then when
 it hath stood more then foure houres in the O-
 ven, you must put in halfe a point of Vineger or
 more, and while the Vinegar is sharpe close up
 the hole very close with a piece of paste, and so
 set it into the Oven againe.

To make a Pyc to keepe long.

First parboyle your flesh and presse it, and
 when it is pressed season it with Pepper
 and Salt whilest it is hot, then larde it, make
 your

pour paste of Rie flower, it must be very thicke
 or else it will not hold, when it is seasoned and
 larded, lay it in your Pie; then cast on it befoe
 you close it a good deale of Cloves and Pepper
 beaten small, and throug upon that a good
 deale of Butter, and so close it up; you must
 leabe a hole in the top of the Lid, and when it
 hath stood two houres in the Oven, you must fill
 it as full of Vineger as you can; then stop the
 hole as close as you can with paste, and then set
 it into the Oven againe; your Oven must be
 very whole as at first, and your Pyes will keepe
 a great while, the longer you keepe them the
 better they will be: when they be taken out of
 the Oven and almost cold, you must shake them
 betweene your hands; and set them with the
 bottome upward, and when you set them into
 the Oven; take great heed that one pye touch
 not another by more then ones hands breadth:
 Remember also to let them stand in the Oven
 after the Vineger be in two houres and more.

To bake Calves feet.

TAke Calves feet and boyle them, and
 chop them fine, and apound of white,
 and chope it with them: then chope an Onion
 small, and put in them; then take Prunes,
 Dates

ates and Currans and put to them, season
 them with Pepper, Nutmegs, and a little large
 pease, then put in some Egges; and stirre it all
 together, and put it into a Pie, and let it bake
 two houres, then put in a little Meriuyce and
 Sugar, and so serbe it.

Another way to bake Calves feet.

Season them with Salt, Pepper, Butter, and
 Currans if you will, and when they be baked
 put in a little white wine and Sugar, or Vine-
 gar, and Sugar, or Veriuyce and Sugar.

To bake a Legge of Veale.

Take a Leg of Veale, and cut it in slices, and
 beate it with the back of a knife, then
 take Lime, Marjoram, Pennyroll, Sabely, and
 Parsly, and one Onyon, chop, them all together
 very small; then breake in some Egges whites
 and all, and putting in your Pearbs, season it with
 Pepper, Nutmegs, and Salt, and a little Sugar;
 then stir them altogether, and so wrapt them up
 like Aloes, and cast a few Currans and Dates,
 with Butter amongst them.

Another bak't Meate

Take two pound of Rabite, and a little
 Veale, and mince it together, then take a
 little Pennyroll, Sabely, Marjoram, and
 unseasoned

unset Leekes, chop them fine, and put in some Egges, and some Cream: then stirre it all well together, and season it with Pepper, Nutmegs and Salt, then put it into the Pye, and cut the Lid, and let it bake till it be dry, then serbe it.

To bake a breast of Veale,

Take and break the bones thereof in the midst, and parboyle him; then take out the bones, and season him with Pepper and Salt, and lay him in the coffin with a little sweet Butter, and close him up; then make a Catole of the yolkes of Egges, and straine it, and then boyle it on a Chafing-dish of coles, and season it with Sugar, and so put it in the Pye, and set it into the Oven againe.

To bake a Legge of Lambe.

Take a Legge of Lambe, and cut out all the flesh, and save the skin whole; then mince it fine, and mixe with it; then put in grated Bread, and some Egges whites and all, and some Dates and Currans; then season it with some Pepper, Sinamon, Ginger, and some Nutmegs, and Carrawayes, and a little Cream, and tamper it altogether then put it into the Legge of Lambe againe and let it bake a little before you put it into your

our Pye, and when you have put it into your Pye, then put a little of the Pudding about it; and when it is almost baked, then put in Cher-rye, Sugar, and Sweet Butter, and so serbe it.

To bake a Turkie, and take out his bones.

Take a fat Turkie, and after you have scal-
ded him and washed him clean, lay him
upon a faire cloth, and slit him thorowout the
backe, and when you have taken out his gar-
bage, then you must take out his bones so bare
as you can; when you have so done wash him
cleane, then trusse him, and pick his backe to-
gether, and so have a faire kittle of seething wa-
ter and parboyle him a little; then take him up
that the water may run cleane out from him, and
when he is cold, season him with Pepper & Salt,
and then pick him with a few Cloves in the
best, and also drabe him with Larde if you like
of it, and when you have made the coffin and laid
your Turkie in it; then you must put some But-
ter in it, and so close him up in this sort you may
bake a Goose, Pheasant or Capon,

To

A Booke of
To bake a Coney.

Seaſon him with Pepper and Salt, and
in Butter and Currans, and when it is
ked, put in a little Verjuſce and Sugar into the
Py, and ſerue it up.

To bake Conyes,

Habe ſine Paſte ready, waſh your Cony
Hand parboyle them, and caſt them into col-
water; then ſeaſon them with Salt and Ginger
lay them into the Paſte, and upon them lay lea-
ched larde, cloſe them and bake them.

To bake a Hare

Take your Hare and parboyle him, and mince
him and then beat him in a mortar betwixt
ſine, Liber and all if you will, and ſeaſon it with
all kinde of Spices and Salt, and doe him toge-
ther with the yolkes of ſeaven or eight Egges
and when you have made him up together: dyale
larde very thicke about him, and mingle them
all together, and put him in your Pie and put in
Butter beſore you cloſe him up.

To bake a Kidde.

Take your Kidde and parboyle him, and
waſh it in Verjuſce and Baſſorm, and
ſeaſon it with Pepper, Salt and a little ſpice,
then lay it in your coffin with ſweet Butter,
and

and the Liquor it was seasoned in, and so bake it

To make a Veale Pyc.

Lay your Veale boyle a good while, and when it is boyled, mince it by it selfe, and the white by it selfe, and season it with Salt, Pepper, Cinamon, Ginger, Sugar, Cloves and Spice, and you must also have Quens, Raisins, Dates and Currans on the top.

To make Mutton Pyes.

Mince your Mutton and your white together, and when it is minced, season it with Pepper, Cinamon, Ginger, Cloves, Spice, Quens, Currans, Dates, Raisins, and hard Eggs boyled and chopped very small, and throw them on the top, and so bake it.

To bake a Mallard.

Take three or foure Onions and stampe them in a Morter, then straine them with a saucer full of Herbsage; then take your Mallard, and put him into the juice of the said Onions, and season him with Pepper and Salt, Cloves and Spice; then put your Mallard into the Coffin with the said juice of the Onions, and a good quantity of Winter Sago, a little Wine and Parsly chopped small

small, and sweet Butter, to close it up, and bake it.

To make a Pye of Humbles.

Take your Humbles being parboyled and chop them very small with a good quantity of Mutton seew, and halfe a handfull of the Herbes following: Lime, Marjorum, Borage, Parsly, and a litle Rosemary, and season the same, being chopped with Pepper, Cloves and Spice, and to close your Pye and bake him.

Another way to bake the Humbles
of a Deere.

Mince them very small, and season them with Pepper, Sinamon, Ginger and Sugar if you will, and Cloves, Spice, Dates and Currans, and if you will mince Almonds and put unto them; and when it is baked, you may put in fine fat, and put in Sugar, Sinamon and Ginger, letting it boyle, and when it is minced put them together.

To bake a Red Deere.

Take a handfull of Lime, and a handfull of Rosemary, a handfull of winter Savory, a handfull of Bay-leaves, and a handfull of Fennell, and when your liquor ferbs that you parboyle your Venison in, put in your Herbes also, and parboyle your Venison un-

till it bee halfe enough; then take it out and
 lay it upon a faire board that the water may
 runne out from it; then take a Knife and picke
 full of holes, and while it is warme, have
 a faire Tray with Vinegar therein, and so
 put your Venison therein from morning untill
 night, and euer now and then turne it upside
 downe, and then at night have your Coffin rea-
 dy, and this done, season it with Cinamon,
 Ginger, Summege, Pepper and Salt, and when
 you have seasoned it, put it into your Coffin,
 and put a good quantity of Sweet Butter into it,
 and put it into the Oven at night when you goe
 to bed, and in the morning drabe it forth, and
 put in a saucer full of Vinegar into your Pye,
 at a hole aboue in the top of it, so that the
 Vinegar may runne into every place of it, and
 when stop the hole againe, and turne the bottome
 upward, and so serbe it in.

To bake Chickins.

First season your Chickins with Sugar,
 Cinamon and Ginger, and so lay them
 in your Pye; then put in upon them Goose-
 berries or Grapes, or Barberries, then put in
 some Sweet Butter, and close them up, and
 when they bee almost baked, then put in a

Catoble made with hard Egges and white wine,
and serbe it.

SSeason them with Salt and Pepper, and put
in Butter, and so let them bake, and when
they be baked, boyle a few Barberies, Prunes
and Currans, and take a little white Wine
Merisier, and let it boyle, and put in a little
Sugar, and let it on the fire a little, and straine
in two or three yolkes of Egges into the Wine
and when you take the dish off the fire, put the
Prunes, Currans and Barberies into the dish;
then put them into the Pye of Chickins.

To make Marrow Pyes.

Make fine Past, and put in the white of one
Egge and Sugar, and when they are
made in little coffins, set them into the Oven
upon a paper a little while; then take them out
and put in Marrow, and so close them up and prick
them, and set them in againe, and when they
are broken, serbe them with blanch powder
strewd upon them.

To bake Pigeons.

SSeason them with Pepper and Salt, and
Butter.

To

To make a Florintine.

Take the kidneys of a loyne of Meele that is
 roasted, and when it is cold, sized it finde,
 and grate as it were halfe a Spacher very fine,
 and take eight yolkes of Egges, and a handfull
 Currans, and eight Dates finely sized, a little
 Cinamon and Ginger, a little Sugar, and a lit-
 tle Salt, and mingle them with the kidneys;
 then take a handfull of fine flower, and ten yolks
 of Egges, and as much Butter as two Egges,
 and put into your flower, then take a little fetch-
 ing liquoz and make your Paste, and dribe it a-
 broad very thine; then stroke your dish with a
 little Butter, and lay your paste in a dish, and fill
 with your Meate; then drato another sheet of
 past thine and cover it withall, cut it hand-
 somely upon the top, and by the sides, and then
 put it into the Oven, and when it is halfe baked
 take it out, and take two or three feathers, and
 a little Rosewater, and wet all the Cover with
 it, and have a handfull of Sugar finely beaten,
 and strew upon it, and see that the Rosewater
 get in every place, and so set it in the Oven a-
 gaine, and that will make a faire Ice upon it:
 if your Oven be not hot enough to reare up your
 Ice, then put a little fire in the Ovens mouth.

To make Butter Paste.

Take flower, and seaven or eight Eggs cold Butter, and faire water, or Rose water, and Spices if you will; then make your Paste, and beate it on a boord, and when you have so done, divide it into two or three parts, and divide out the piece with a rolling Pinne, and doe with Butter one piece by another, and then fold up your Paste upon the Butter and divide it cut againe, and so doe five or sixe times together, and cut some for bearings, and put them into the Oven, and when they bee baked, skarpe Sugar on them, and so serve them up.

To make good Resbones.

Take a quart of fine Flower, lay it upon a fine boord, and make a hole in the middle of the Flower with your hand, and put a Spoonfull of Ale yeast therein, and ten yolkes of Eggs, and two Spoonfulls of cinnamon, and one of ginger, one of Cloves and Mace, and a quarter of Nutmeg finely beaten, a little Saffran, and halfe a Spoonfull of salt; then take a dish full of Butter, melt it, and put into your Flower, and therewithall make your Paste, as it were for Spanchet, and moid it a good while, and cut it in pieces of the bignesse of Duckes Eggs.

and to molde every piece as a Spanghet, and make them after the fashion of an Inchbogne broad above, and narrow beneath; then set them in the Oven, and let them bake three quarters of an houre; then take two dishes of Butter and clarify it upon a soft fire; then draine it out of the Oven, and scrape the bottome of them faire and cleane, and cut them oberthwart in foure pieces, and put them in a faire Charger, and put your clarified Butter upon them, and have Cinamon and Ginger ready by you, and suger beaten very small, and mingle all together; and ever as you set your pieces together, cast some of your suger, cinamon and Ginger upon them; when you have set them all up; lay them in a faire platter, and put a little Butter upon them; then cast a little suger on them, and so serve them.

To make a Vaunt.

Take marrow of Beefe, as much as you can hold in both your hands, cut it as bigge as great Dice, then take Dates and cut them the bignes of small Dice, and then take some forty Prunes, and cut the fruit from the stones; then take halfe a handfull of small Kollins; wash them cleane and pick them, and put your marrow in a faire

platter and your Dates, Quena and small Mac-
 sins; then take twenty yolkes of Egges, and
 put in your stufte befoze rehearsed; then take
 quarter of Sugar oz more, and beat it small, and
 put in your marrobb; then take two spoonfulls of
 Cinamon and a spoonfull of Ginger, and put
 them to your stufte, and ming le them together;
 then take eight yolkes of Egges, and four
 spoonfulls of Rosewater, draine them and put a
 little Sugar in it; then take a faire frying
 panne, and put in a little piece of Butter in it,
 as much as a Walnut, and set it upon a good
 fire, and when it looketh almost blacke, put
 out of your panne, and as fast as you can, put
 halfe of your Egges in the midst of your panne,
 and fry it yellove, and when it is fryed; put it
 into a faire dish, and put your stufte therein, and
 spread it on the bottome of your dish, and then
 make another Waunt eben as ye made the other,
 and set it upon a faire boord, cut it in pretty pieces,
 of the length of your middle finger, as long as
 your Waunt is, and lay it upon your stufte, after
 the fashion of a little Windows, and then cut off
 the ends of them, as much as lyeth without the
 inward compasse of the dish; then set the dish
 within the Oven, oz in a baking pan, and let it
 bake with leisure, and when it is baked enough,
 the Sparrobs will come faire out of the Waunt

the baine of the dish; then draine it out and cast
a little Sugar on it, and so serue it in.

To make a Sirrop for bak'd Meats.

Take Ginger, Cloves and Space, and Nut-
megs, beat all these together very fine,
and boyle them in good red Vinegar, untill it
be somewhat thick, this being done, draine your
Pee when it is hard baked, and a small hole be-
ing made in the coberthert of at the first, with a
Tunnell of Paste you must pouze the sirrop in-
to the Pee, that done either the hole with Paste,
and stop the Pee well, and set it againe in the
oven, till it be wholly baked, and when
you haue draine it turne the bottome untill it be
serued.

To make fine Cracknels.

Take fine Flower and a good quantity of
Eggs as many as will supple the flowers,
then take as much Sugar as will sweeten the
paste, and if you will not be at the cost to
raise it with Eggs, then but thereto sweet
Water, Cinamon, and a good quantity of
Nutmegs and Space, according to your bread;
take a good quantity of Anniseeds, and let all
this

this be mingled with your Flower, and at the putting in your Egges or other moisture; the set on your water, and let be at seething before you put in your Cracknels in it, they will go to the bottome, and at their rising take them out and dry them with a cloth, then bake them

To make fine Bisket bread.

Take a pound of fine Flower, and a pound of Sugar, mingle it together, and a quarter of a pound of Anniseeds, foure Egges, the or three spoonfulls of Rosewater, put all these in to an earthen Panne, and with a slice of wood beat it the space of two houres, then fill your moulds halfe full; (your moulds must be of Lime) and then set into the Oven, your Oven being hot as it were for Cheat bread, and let it stand one houre and a halfe; you must annoynt your mouldes with Butter before you put in your stuffe, and when you will use any of it, slice it thinne, and dry it in the Oven, your Oven being no hotter then you may abide your hand in the bottome,

Another to make fine Bisket bread.

First, take halfe a pecke of fine wheate flower, also eight new layd Egges, the whites and yolkes beaten together; then put the

the said Egges into the Flower, then take eight
 Ozaines of fine Space and stamp it in a mortar ;
 then put halfe a pinte of best Damaske-water,
 or else Rose-water into the Space, and mingle it
 together, and put it into Wine oz Muscadine,
 Muscadine is better, and put it into the
 Flower ; also one ounce of good Anniseeds clean
 picked, and put therein, and so to worke them all
 together into a Paste, as ye doe bread, and then
 make your Biskets into what fashion you thinke
 best, and then put them into an Oven, and
 bake them harde if you will keepe them long :
 yett but indifferent : If you will have it can-
 dide, take Rosewater and Sugar, and boyle them
 together till they be thicke, and so like Mices of
 of bread, set it hot in the Oven untill the same be
 candide.

To make fine Bread.

Take halfe a pound of fine Sugar well bea-
 ten, and so much Flower, and put thereto
 the whites of foure Egges, and being very
 well beaten, you must mingle them with
 Anniseeds bruised, and being all beaten to-
 gether, put it into your molde, melting the
 same over first with a little Butter, and so set
 it in the Oven, then turne it twice or thrice in
 the baking.

To

For Tarts.

To make all manner of Fruit

Tarts.

You must boyle your Fruit, whether it be the Apple, Cherry, Peach, Damson, Pear, Mulberry, or Codling in faire water, and when they be boyled enough: put them into a bolle, and bruite them with a Ledle, and when they be cold straine them, and put in red Wine, or Cleret Wine, and to season it with Sugar, Sinnamon and Ginger,

To make a Tart of Custards.

You must take halfe a hundreth of Custards and pare them, and cut them, and as soon as you have cut them, put them into a pot, and put in two or three pound of Sugar, and a pint of Water, and a little Rose-water, and stirre them from the time you put them in, untill the time you take them out againe; or else you may also put it into a dish, and when your Tart is made, put it into the Oven, and when it is baked, endoze it with Butter and throto Sugar on the top, and then do on your sauce, and set Comers on the top, and so serbe it up.

To

To make a Tart of Wardens.

You must bake your Wardens first in a Pye, and then take all the Wardens and cut them in foure quarters, and coare them, and put them into a Tart pinched, with your Sugar, and season them with Sugar, Cinamon and Ginger, and set them in the Oven, and put no cober on them; but you must cut a cober, and lay on the Tart when it is baked, and Butter the Tart and the cober too, and endoze it with Sugar,

To bake Quinces, Peares or Wardens.

Take and pare and coare them, then make your Paste with faire water and Butter, and the yolke of 1 Egge, then set your Quinces in the Paste and then bake it well, fill your Paste almost full with Sinamon, Ginger and Sugar, Also Apples must be taken after the same sort, saving that whereas the coze should be cut out they must be filled with Butter every one; the hardest Apples are best, and likewise are Peares and Wardens, but no one of them all but the Wardens may be harboyled, and the Oven must be of a temperate heate: for two houres or more is enough.

To

To make a close Tart of green Pease.

Take halfe a peck of greene Pease, wash them and seeth them, and cast them in a Cullender, and let the water run from them then put them into the Tart whole, and season them with Pepper, Saffron and Salt, and a little of sweet Butter: close and bake him almost an houre; then draine him, and put to him a little Hierijuce, and shake them and set them into a Oven againe, and so serbe it.

To make a Tart of Rice.

Boyle your Rice and put in the yolkes of two or three Egges into the Rice, and when it is boyled, put it into a dish and season with Sugar, Sinamon, Ginger and Butter, and the iuce of two or three Oranges, and set it on the fire againe.

To make a Tart of Prunes.

Put your Prunes into a pot, and put in white Wine or Carret Wine, and a little fair water, and stirre them now and then, and when they be boyled enough, put them into a bolle and straine them with Sugar, Sinamon and Ginger.

To make a Tart of Medlers.

Take Medlers that bee rotten and stamp them, then set them upon a Chafingdish with

with coales, and beate in two yolkes of Egges,
 cooking till it be somewhat thick; then season
 them with Sugar, Cinamon and Ginger, and
 put it in Paste.

To make a Tart of Damsons.

Take Damsons and see th them in a Sine,
 and straine them with a little Creamie;
 then boyle your Masse ober the fire till it be thicke;
 put thereto Sugar, Cinamon and Ginger, but
 let it not into the Oven after, but let your paste
 be baked before.

To make a close Tart of Cherries.

Take out the stones, and lay them as whole
 as you can in a Charger, and put Mustard,
 Cinamon and Ginger into them, and lay them
 into a Tart whole, and close them; then let
 them stand three quarters of an houre in the
 Oven, and then make a sirrop of Muscadine,
 and Damask water and Sugar, and so serbe it.

To make a Tart of Scrawberries.

Take Strawberries and wash them in Cla-
 ret Wine, thicken and temper them with
 Rose-water, and season them with Cinamon,
 Ginger and Clove, and spread it on the Tart,
 and endoze the sides with Butter, and cast on
 Sugar and Biskets, and serbe them so.

To

To make a Tart of Strawberries.

Wash your Strawberries, and put them to your Tart, then season them with Sugar, Sinamon and Ginger, and put in a little red wine into them.

To make a Tart of Hyppes.

Take Hyppes and cut them, and take the seed out, and wash them very cleane, and put them into your Tart, and season them with Sugar, Sinamon and Ginger.

Likewiſe ſo you muſt preſerbe them with Sugar, Sinamon and Ginger, and put them into a Gallipot cloſe.

To make a Tart of Spinage.

Boyle your Egges and pour Creame together, and then put them into a bawle, and then boyle your Spinage, and when they are boyled, take them out of the water and ſtraine them into your ſuffe, beſore you ſtraine your Creame; boyle your ſuffe, and then ſtraine them all againe, and ſeaſon them with Sugar and Salt.

Another way to make a Tart.

To make a Tart of Spinage.

Take Spinage and ſeeth it ſhalbe and when it is tenderly ſodden, take it off, and let it draine in a Tullender, and then ſwing it in a cloth, ſtampe it and ſtraine

Take two or three yolkes of Egges, and then set
in a Chafindish of Coles, and wash it with
Butter and Sugar, and when the Paste is hard-
ned in the Oven, put in this Comode, and stoke
it.

To make a Tart with Butter and Egges.

Break your Egges and take the yolkes of
them and take Butter and melt it, setting
it be very hot ready to boyle, then put the Butter
to your Egges, and so strain them into a bosome,
and season them with Sugar and Salt.

To make a Tart of an ear of Veale.

Take two pound of great Ralsons, and wash
them clean, pick them, and take the stones
out of them; then take two Kidneys of Veale,
and a piece of the Legge which is leane and boyle
them all together in a pot with the strain of the
broth of Mutton, and boyling it let it boyle the
space of an houre; then take it up and chop it fine
and temper it with crumbs of Bread finely gra-
nd; and take nine yolkes of Egges, temper
them all together, and season them with Rina-
son, Ginger, Sugar, small Raisins, great
Raisins minced, Dates and Mutton; then take
the Flower and water, and three yolkes of
Egges,

Egges, Butter and Safron, and make the like a round Tarte, close with a cober of the same Paste, and set it in the Oven, and let stand one houre, then take it forth, and endow with Butter, and cast on powder of Sinamon, Ginger and Sugar, and so serbe it.

To make a Custard.

Break your Egges into one bowle, and your Creame into another; then strain your Egges into the Creame, and put in Safron, Cloves, Spice, and a little Sinamon and Ginger, and if you will, some Sugar and Butter, and stirre it with Salt, and melt your Butter, and stirre it with the Ladle a good while, and dub your Custard with Dates or Currans.

To make Oysters Chewets.

TAke a pecke of Oysters and wash them cleane, then shreale them, and wash them faire in Cullender, and when they be sodden, strain the water from them, and chop them as small as Bee-meate; then season them with Pepper, halfe a penny worth of Cloves and Spice, halfe a penny worth of Sinamon, and Ginger, and a penny worth of Sugar, a little Safron and Salt; then take a handfull of small Raisins, small Dates
minced

minced small, and mingle them all together; then make your Paste with one penny-worth of fine Flower, ten yolkes of Egges, halfe a penny-worth of Butter, with a little Saffron and boiling water; then raise up your Chebets, and put in the bottome of ebery one of them a little Butter, and so fill them with your Stuffe; then put Prunes, Dates, and small Raisins upon them and being closed, bake them; let not your Oven be too hot, for they will have but little stay in; then take them, and put into ebery one of them two spoonfull of Marjace and Butter, and so serbe them in.

For boyld Fish.

To boyle a Breame.

Take white Wine and put it into a pot and let it seethe, then take your Breame and cut him in the middest and put him in; then take an Onion and chop it small; then take Nutmegs beaten, Cinamon and Ginger, whole Spice, and a pound of Butter, and let it boyle all together, and so season it with salt; serbe it upon soppes, and garnish it with fruit.

To boyle Muskles.

Take Water and Pease, and a good dish of Butter and Onions chopt, and a little Pepper and when it hath boyled a little while then see that your Muskles be clean washed, and put them into the broth shels and all, and when they be boyled well, then searve them with all.

To boyle Stock-fish.

Take Stock-fish when it is well watered, and pike out all the baste cleane from the fish, then put it into a Dish, and put in more water then will cover it, and set it on the fire, and as soone as it beginneth to boyle on one side; then turn the other side to the fire, and as soone as it beginneth to boyle on the other side take it off, and put it into a Cullender, and let the water turne out from it, but put in Salt to the boyling of it; then take a little faire towe and sweet Butter, and let it boyle in a dish till it be something thick, then poyze it on the Stock-fish and searve it.

To boyle divers kinds of Fish.

Blet, Conger, Whynbacke, Plaice, Salmon, all these you must boyle with little faire water and Vineger, a little Salt and Bayleaves, and sauce them in Vineger.

with a little of the broth that they are sodden in. Add a little Salt, and as you see cause shift your
 as you do ~~the~~ in bzing. Also fresh Stur-
 on, seeth it as is aforesaid, and sauce it as ye
 the other, and so you may keepe it halfe a
 ere with changing of the sauce: And salt
 surtion, seeth it in water and Salt and a little
 ineger; then let it be cold, and serbe it with
 with ineger, and a little Fennell upon it, but
 ere ye serb it, it must be watered.

To make black Puddings,

Take great Oremeale, and lay it in milke to
 steep, then take Shaps blood and put to it
 to take Ore white and mince into it, then take
 few sweet Hearbs, and 2 or three Lake blades,
 and chop them very small, and then put in it the
 shes of some Egges, and season it with Sina-
 mon, Ginger, Cloves, Pace, Pepper and Salt,
 and so fill them.

To make white Estings.

Take great Oremeale steeped in milke, and
 put in the yolkes of some Egges, also take
 Ore white and mince it small, then season it with
 inger, Sinamon, Ginger, Cloves, Pace, Sal-
 t, and Salt, and so fill them.

A Book of
To make Sausages.

The Sparlinmasse Beefe, oz if you cannot
get it, take fresh Beefe, oz the leane
Bacon if you will, and you must mince be-
small that kinde of flesh that you take, then
Larde and put into the minced meate, a
whole Pepper, and the yolkes of seven Eggs
mingle them all together, and put the meate
into a Cut very salt, and hang it in the Chim-
ney, where it may dry, and there let it hang
moneth oz two before you take it done.

To make a Sallet of all kinde of
Herbs.

TAke your Herbs and picke them very fine
into faire water, and picke your flowers
themselves, and wash them cleane, then strain
them in a Strainer, and when you put the
into a dish, mingle them with Cucumber
oz Lemmons pared and sliced, also scrape
Ginger, and put in Vineger and Oyle; then spread
the flowers on the top of the Sallet, and where-
euer sort of the aforesaid things garnish the
dish about; then take Egges boyled hard, and
lay about the dish, and upon the Sallet.

To make a Sallet of Lemmons.

Cut out slices of the peeles of the Lemmons long wayes, a quarter of an inch, one piece from another, and then slice the Lemmons very thine, and lay him in a dish crosse, and the peeles about the Lemmons, and scrape a good deal of Sugar upon them, and so serbe them.

For Fry'd Meates.

To fray Bacon.

Take Bacon and slice it very thenne, and cut away the Leane, and bruisse it with the backe of your knife, and fray it in sweet butter, and so serbe it.

To fry Chickins.

Take your Chickins and let them boyle in very sweet good broth a pretty while, and take the Chickins out, and quarter them out, in pieces, and then put them into a Fryng-pan with sweet butter, and let them stea in the panne, but you must not let them bee brotome with fryng, and then put out the butter out of the panne; and then take a little sweet broth and as much Mersupce, and the yolkes of two Egges, and beate them together, and put in a little

Putmegs, Cinamon and Ginger, and Pepper into the sauce, and then put them all into the pan with the Chickens, and stirre them together in the pan, and put them into a dish, and serbe them up,

To make Peascods in Lent:

Take Figges, Raisins, and a few Dates, beat them very fine, and season it with Cloves, Space, Cinamon, and Ginger, and for your paste fetch faire water and Oyle in a dish set upon coles, put therein saffron, salt, and a little Flower, wash them then like Peascods, and when you will serbe them fry them in Oyle in a frying pan, but let the Oyle be very hot, and the fire fast in burning of them, and when you make them for flesh dayes, take a fillet of Meale and mince it fine, and cut the yolks of two or three rawe Egges to it, and season it with Pepper, salt, Cloves Space, Honey, sugar, cinamon, Ginger, small Raisins or great minced, and for your paste, butter and the yolks of an Egge, and season them, then fry them in Butter as ye did the other in Oyle.

To make Fritter-stuffe.

Take fine Flower, and 3. or 4. Egges and put into the flower, and a piece of Butter, and let them bayle all together in a dish of Cheefe.

Chaffer, and put in Sugar, Sinaman, Ginger, and Rose-water, and in the boyling put in a little grated Bzead to make it big; then put it into a dish and beate it well together, and so put it into your molde, and fry it with clarified Butter, but your Butter may not be too hot nor too colde.

A Fritter to be made in a molde.

TAKE Dye white and mince it fine, then take Dates and mince them fine, also take Currans, Egges, white bzead grated, and season it with Sugar, Sinamon, Ginger, Cloves, Spice; and Saffron, and stirre it well together; then make a thick Cake of paste and lay it in the molde, and fill it with the stufte, and lay another Cake of paste upon it, then shake it about and so fry it.

To make Fritters of Spinage.

TAKE a good deale of Spinage and wash it cleane, then boyle it in faire water, and when it is boyled take it forth, and let the water run from it; then chop it with the backe of a Knife, and then put in some Egges and grated Bzead, and season it with Sugar, Sinamon, Ginger, Pepper, Dates minced fine, and Currans, and roule them like a ball, and dip them in Butter, made of Ale and Flower.

For

For made Disshes.

To make a pretty dish with Dates, and
the iuyce of two or three
Orenges.

Straine them in a dish, and so make Chambers of paste upon a stick, put the sticks upon a loafe of Bread, add so dry them in the Oven, then clarifie a little Butter and fry them in, lay them in a dish, and serbe Sugar on them.

To make a Trifle.

Take a pint of thicke Creame, and season it with Sugar, Ginger, and Rose-water, and stirre it as you would, then beate it and make it luke warme in a dish upon a Chafingdish of coles and after put it into a silver piece or a bowle, and so serbe it.

To make cast Creame.

Take Milke as it cometh from the Cow, a quart or lesse, and put thereto rawe yolkes of Egges, temper the Milke and the Egges together, then set the same upon a Chafingdish, and stirre it that it Carde not, and so put Sugar in it, and it will bee like Creame of Almonds; when it is boyled thicke enough, cast a little Sugar on it, and sprinkle
1302.

Rose-water thereupon, and so serbe it.

To make Blue-manger.

TAke a pinte of Creame, and 12. oz. 16. yolkes of Egges, and straine them into a Dish, and seeth them well, eber stirring it with a Riche that is broad at the end, but befoze you seeth it, put in Sugar, and in the seething taste of it, that you may if neede be put in more Sugar, and when it is almost sodden, put in it a little Rose-water that it may taste thereof, and seeth it well till it be thicke, and then straine it againe if it hath need, oz else put it into a faire Dish, and stirre it till it be cold, and take the white of all the Egges, and straine them with a pinte of Creame, and sett it that with Sugar, and in the end put in Rose-water as into the other, and seeth it till it be thicke enough, and then use it as the other, and when you serbe it, you may serbe one Dish of one, and another of the other in rolles, and cast ou Wiskets.

To make Blue-mangle.

TAke all the brain of a Capon, and stamp it in a morter fine, and blanched Almonds, and sometimes put to them Rose-water; then season it with powder of Sinamon, Ginger and Sugar, and so serbe it up.

To

To make a Apple moyse.

Roast your Apples, and when they be roasted, pill them and straine them into a dish, and pare a dozen of Apples, and cut them into a Chaffer, and put in a little white Wine and a little Butter, and let them boyle till they be as soft as Pape, and stirre them a little, and straine them to some Wardens roasted and pilled and put in Sugar, Sinamon and Ginger, then make Diamonds of paste, and lay them in the Sunne, and scrape a little Sugar upon them in the dish.

To make a Quinces moyse, for Wardens moyse.

You must roast your Wardens or Quinces, and when they be roasted, pill them, and straine them together, and put in Sugar, Sinamon and Ginger, and put it in a plate, and then smooth it with a knif, and scrape a little Sugar on the top, and marke it finely with a knife.

To make Almond Butter.

Take Almonds and blanch them, and beate them in a Morter very small, and in the beating put in a little Water, and when they be beaten, poyze in Water into two Pots, and put halfe into one, and halfe into another, and put in Sugar, and stirre them

them still, and let them boyle a good while then
 take it thowto a Strainer with Rosewater, and
 dish it up.

To make Almonn Butter after the best
 and newestt fashion.

TAke a pound of Almonds or moze, and
 blanch them in cold water, or in warme, as
 you may have leisure, after the blanching let
 them lye one houre in cold water; then stampe
 them in faire cold water as kinde as you can:
 then put your Almonds in a cloth, and gather
 your cloth round up in your hands, and presse
 out the iuyce as much as you can, if you thinke
 they be not small enough, beate them againe:
 and so get out milke so long as you can; then set
 it over the fire, and when it is ready to seeth put
 in a good quantity of Salt and Rosewater that
 will turne it, after that is in, let it have one
 boyling; then take it from the fire, and cast it
 abroad upon a Linnen cloth, and underneath the
 cloth, scrape off the whey so long as it will
 runne; then put the Butter together into the
 middlest of the cloth, binding the cloth together,
 and let it hang so long as it will drop; then take
 pieces of Sugar so much as you thinke will make
 it sweet, and put thereto a little Rosewater, so
 much as will melt the Sugar, and so much fine
 powder

as will melt the Sugar, and so much fine powder
of Saffron as you thinke to fill colour it, then
let both your Sugar and Saffron sleepe to-
gether in the little quantitie of Rose-water, and
with that season up your butter when you
make it.

To make a made dish of
Artechokes.

Take your Artechokes and pare away all the
top even to the meat, and boyle them in sweet
broth till they be somewhat tender, then take
them out, and put them in a dish, and season
them with Pepper, Cinamon and Ginger, and
then put in your dish that you meane to be
them in, and put in marrow to them good store
and so let them bake, and when they be baked
put in a little Vineger and Butter, and stick
three or foure leaues of the Artechokes in the
dish when you serue them up, and scrape Sugar
upon the dish.

To make a fresh Cheese and
Creamed.

Take a gallon or two of Spilke from the
Cow and sketh it, and when it doth
seeth, put thereunto a quart or two of mop-
ping Spilke, in faire cleauning panies in
such

such a place as no dust may fall therein, and
 this is for your clotored Cream; the next mor-
 ning take a quart of mornings Spilke and seeth
 it, and when it doth, put in a quart of Cream
 hereunto, and take it off the fire, and put it into
 a faire earthen panne, and let it stand untill it
 be somewhat blood-warme, but first ebery night,
 put a good quantity of Ginger, with Rose-water,
 and stirre it together, and let it settle all night,
 and the next day put it into your said blood-warme
 Spilke to make your Cheese come; then put the
 Curdes into a faire cloth, with a little good Rose
 water, and fine powder of Ginger, and a little
 Sugar, so fasten great soft robes together with
 a thread, and crush out the whey with your
 clotored Cream, and mixe it with fine powder
 of Ginger, and Sugar, and so sprinkle it with
 Rosewater, and put your Cheese in a fair dish, and
 put these clothes round about it; then take a
 pint of rawe Spilke of Cream, and put it into
 a Pot, and all to shake it, untill it bee gathered
 into a froth like Snow, and eber as it commeth,
 take it off with a spoone, and put it into a Cul-
 lender; then put it upon your fresh Cheese,
 and picke it with Wafers, and so serbe it.

To

To make Marmelct of Quinces.

You must take a pottle of water, and foure pound of Sugar, and so let them boyle, together, and when they boyle, you must skim them as cleane as you can, and you must take the whites of two or three Egges and beate them froth, and put the froth into the panne for to make the skum to rise, then skim it as cleane as you can, and take off the Kettle, and put in the Quinces, and let them boyle a good while, and when they boyle, you must stirre them still, and when they be boyled enough, you must boyle them.

Another Marmelct of Quinces.

Take very good Quinces and pare them and cut them in quarters; then cooke them cleane, but take heed it be not a flower Quince, and when you have pared and cooked them, then take two pints of running water, and put it into a Brazill panne, casting away eight spoonfulls of one of the pints, then weigh three pound of fine Sugar, and beate it, put it into the water, and make your fire where you may have good light, not in the Chimney; then set on your panne upon a Treble

trebet, and when your Sugar and Water be
somewhat to boyle, you must scum it clean; then
put in six spoonfulls of Rosewater, and if there
rise any more scum, take it off, and so put in
four three pound of Quinces, and let them
boyle but softly, and if you see the colour were
somewhat deep now and then, with a faire slice
of breaking of them, and when your liquor is
well consumed away, and the colour of your
Quinces to growe fairer, then be still stirring of
it, and when it is enough, you shall see it rise
from the bottom of your Pan in stirring of it,
and so boy it, and you shall have it to be good
permellet and a very orient colour. If you will
you may put some Musk into it, some Rose-
water, and rub your boy withall, it will give a
pretty scent, and it is a very good way.

To make Condomack of Quinces.

Take five quarts of running Water, and
a quart of French Wine, put them to-
gether, then take Quinces and pare them,
and cut them till you come at the Cores;
then weigh ten pound of the Quinces, and
put them into your Pan of Water and Wine,
and boyle them over a quick fire, till they be
tender, keeping your Pan very close covered;
then

then take a piece of fine Canbasse, and put your Quinces and liquoz in it, and when your strep all run thozob, put in so much fine Sugar till make it sweet, and set it ober a quick fire again, stirring with a stick till it be so thick that a drop will stand upon a dish; then take it from the fire, and put it in boxes.

To make Manus Christi.

TAke six spoonfulls of Rosewater, and grains of Ambergreese, and four grains of Beaten very fine, put these three together in a saucer and cover it close, and let it stand covered one houre; then take foure ounces of very fine Sugar beaten very small, and searce it thozob fine searce; then take a little earthen pot glass and put into it a spoonfull of Sugar, and a quarter of a spoonfull of Rosewater, then let the Sugar and the Rosewater boyle together softly till it do rise and fall againe three times. Then take fine Rye flower and sift it on a smooth board and with a spoon take off the Sugar, and the Rosewater, and first make it all into a round Cake, and after into little Cakes, and when they be half cold, wet them ober with the same Rosewater, and then laying on your gold; so shall you make very good Manus Christi.

*The Names of all things necessary for
a Banquet.*

S ugar,	S inamon.	L iquors.
P epper,	N utmegs.	A ll kinds of
S affron,	S auanders.	C onfits.
A mnisteds,	C ollander.	O ranges.
P omegranet,	L emons.	D amask wa-
L ametail,	R osewater.	t er.
P ines,	K aylus,	D ates.
C arraws,	L ye flower,	C herries
B erberies	G inger,	c onserbed.
c onserbed,	C loves and	S weet Oran-
P epper lobbe	S age.	g es.
and hyson.		W afers.

For your Sparckpanes ; seasoned and unsea-
soned Spinages.

For Preserves.

To preserve all kinde of Fruits, that they
shall not break in the preserving
of them.

Take a Platter that is plains in the bot-
tome, and lay Sugar in the bottome, then
Cherries or any other fruite, and betwene
every

every roble you lay, thzoto Sugar, and set
upon a pots head, and cober it with a dish, and
so let it boyle.

To preserve Quinces whole,

Take a pottle of fair water, and put it into
clean pan, and beat three pound of fine su-
ger and put into it, then set it on the fire, and
when you have skimmed it, put in the elve
fulp of Rose-water; then take ten fair Quinces
and pare them, and coar them clean, then
put them into your sirrop, and so cober them
close for the space of two hours with a fair pla-
ter, and let them boyle a good pace: and at
two hours end uncover them, and look whether
you finde them tender, and also that they have
fair crimson colour; then take them up, and lay
them upon a fair platter, cobering your sirrop
again, and letting it seth while it be somewhat
thick, then put your Quinces into your sirrop
again, and have a fair gally-pot, and put in both
your sirrop and Quinces as fast as you can, and
cober your pot close that the heat go not forth
also take heed you put them not in a glasse, for
it will break.

To preserve Pear-plums.

First take two pound and a half of fine Sugar and beat it small, and put it into a prettily braile pot with twentie spoonfulls of Rose-water, and when it boyleth, skim it clean; then take it off the fire, and let it stand till it be almost cold; then take two pound of Pear-plums, and wipe them upon a fair cloth, and put them into your Sirrop when it is almost cold, and so set them upon the fire again, and let them boyle as softly as you can, for when they are boiled enough, the kernels will be yellow; then take them up, but let your Sirrop boyle till it be thick; then put your Plums upon the fire again, and let them boyle a while or two, so take them from the fire, and let them stand in the bestell all night, and in the morning put them into your glass, and cover them close.

To preserve Oreniges.

You must cut your Oreniges in half, and pare them a little round about, and let them lie in water four or five daies, and you must change the water once or twice a day, and when you prepare them, you must have a quart of fair water, and put in your Sugar, and a little Rose-water, and

set it on the fire, and scum it very clean, and put in a little Cinamon; then putting in your Oranges, let them seeth a pretty while, and take them out again, and do so fibe or sixe times, and when they be enough, put in your Syrop, and let your Syrop stand till it be cold, and then put the syrop into your Oranges.

Another way to preserve Orenge.

Choose out the fairest and the heaviest, that is full of liquoze, and cut them full of little specks; then make a little round hole in the middle of the Orange, and breake the skin of the meate of the Oranges, and close the meat to the sides of your Oranges with your finger, then will part of the iuyce and kernel come out, and lay them in water three dayes and three nights; then take them out, and set a Pan with water over the fire, and when it seethes put in your Oranges, but let them not seeth too fast: then you must have another Panne with water readie seething, and shift the Oranges out of the other water when they have sodden a little while, and so have one Panne after another, to shift them still up to the fire terme or twelue times, to take away the bitternesse of the Oranges, and you must keep

pe them as whole as you can in the boyl-
ing, and then take them up by one and one,
and lay them upon a Platter, the hole being
downward, that the water may run the more
clearer out of them; then let them stand so un-
till ye have boyled your Sirrop, and then take to
every two Oranges a pint of water, and a
pound of Sugar, let your Sugar be finely beaten
sofe you put it into your liquoz, and look that
the Kettle you boyle them in be sweet Masse;
then take ten whites of Egges, and put them
into your Kettle with your liquoz and Sugar,
and beat your whites of Egges and the liquoz
together a good quarter of an houre; then set
your liquoz upon a soft fire of coales, and let it
boyle so soone as you can, having a faire Scum-
mer and a Cullender readie, and set your Cul-
lender in a faire Basen, and as your whites of
egges rise in Scumme, take them up with
your Scummer, and put them into your Cul-
lender, and you shall have a great quantitie of
sirrop come from your scumme, thozoth your
Cullender into your Basen, and that you must
take and put it into your Kettle againe, and
when your great scumme is off, there will a-
rise still some scummies, to which you must take
with a Scummer as cleane as you can,
and

And when your sirrop hath sodden a pretty while then put in your Synges, and let them boyle softly till you think they be enough, and the sirrop must be somewhat thich; then let your Synges stand all night upon the fire, but there must be nothing but embers, and in the morning take them up and put them in glasses or gally-pots,

To preserve Cherries.

TO every pound of Cherries take a pound of Sugar, that done, take a seto Cherries, and distrain them to make your sirrop, and to every pound of Sugar and Cherries, take a quarter a pound of sirrop, and this done, take your sirrop and Sugar and set it on the fire; then put your Cherries into your sirrop, and let them boyle severall times, and after every boyling scumme them with the backside of a spoon.

To preserve Gooseberries.

TAKE to every pound of Gooseberries, one pound of Sugar, then take some of the Gooseberries and distrain them; then take the sirrop, and to every pound of Gooseberries take half a pound of sirrop; then set the Sugar and sirrop over the fire, and put in the Gooseberries, and boyle them four severall times, and scumme them clean.

*To distill Waters.**To make Hipocras.*

Take a gallon of white wine; Sugar two pound, of Sinamon 2 d. Ginger 2 d. long pepper 2 d. Spase 2 d. not bruised, Graines 2 d. Caligall 1 d. ob. Cloves not bruised, you must bruse every kind of spice a little, and put them in an earthen pot all day, and then wring them thro' your bags two times or more, as you see cause, and so drink it.

To make Sinamon-water.

Take Rhenish wine a quart, or Spanish wine a pint, Rose-water a pint and a half, Sinamon bruised a pound and an half, let them stand infused the space of twenty four hours, then distill it, and being close stopped and luted; then with a soft fire distill the same softly in a Limbeck of glasse, and receive the first water by it self.

Also if you be disposed to make the same water weaker, take three pints of Rose-water, and a pint and a half of Rhenish wine, and so distill the same, and you shall have to the quantity of stiffe, the quantity of the water, which is three pints, but the first is best;
and

and so reserue it to your use, both morning and evening.

To make Sinamon water another way,

Take three quartes of Roshadine, and a pound of Sinamon, and halfe a pint of good Roshadine water, and so let them lie infused the space of twenty foure hours, and distill it as aforesaid, and you shall receive to the quantitie as to the qualitie, but the first pint is the best and the choicest of all the other, as is manifested by practice.

To make the Water of Life.

Take Balme leaues and stalkes, Burne leaues and flowers, a handfull of Rosemary, Turminill leaues and roots, Roshadine a handfull, red Roses a handfull, Carnations a handfull, Hyssop a handfull, Lime a handfull, red string that grow upon Sabozz a handfull, red Fennell leaues and roots a handfull, red Spintes a handfull, put all these hearbes into a pot of earth glazed, and put thereto as much white Wine as will cober the hearbs, and let them soake therein eight or nine daies; then take an ounce of Sinamon, as much of Ginger, as much of Nutmegs, Cloves and Saffron

on a little quantity, and of Anniseeds a pound,
 great Raisins a pound, of Sugar a pound,
 selfe a pound of Dates, the tender part of
 an old Coney, a good fleshy running Capon,
 the flesh and sinews of a leg of Mutton, foure
 young Pigeons, and a dozen of Larkes, the
 yolkes of twelve Egges, a Loafe of white
 Bread cut in sippes, Spuckadine or Bastard
 three Gallons, or as much in quantity as will
 suffice to distill all these together at once in a
 Limbeck; and thereto put of Speirbizidatum
 two or three ounces, or else with as much per-
 fect Treacle, and distill it with a moderate fire,
 and keep the first water by it selfe, and the se-
 cond water alone also, and when there com-
 meth no more water both strings, take away
 the Limbecke, and put into the pot more
 Wine upon the same stuffe, and still it againe,
 and you shall have another good Water, and
 shall so remaine good. In the first ingredi-
 ence of this water, you must keep in a glasse
 warily, for it is restorative for all principall
 members, and defender against all Pestil-
 lentiall Diseases, as against the Plasse, Drop-
 sic, Spleene, Yellow or Black Jaundice, for
 Colicques in the Belly, and for all Agues,
 be they hot or cold, and all manner of Swel-
 lings, and Pestilentiall sore-wounds in man, as
 Melan-

Opelancholly and Flegmaticks, and it strengtheneth and comforteth all the spirits and strings of the brain, as the heart, the mist, the liver and the stomach, by taking thereof two or three spoonfuls at one time by it self, or with Ale, or with Beer, and by putting a pretty quantity of Sugar therein; also it helpeth discretion, and doth break wind, and stoppeth laske, and bindeth not; and it mightly helpeth and easeth man or woman of the pain of the heart burning, and so to quicken the memorie of man; and take of this water three spoonfuls a day, in the morning and another after he goeth to dinner, and the third last at night.

To make Aqua-composita for a Surfet.

Take Rosemary, Fennell, Hyssop, Thyme, Sage, Dozebound, of each of those a handfull; Penitfall, red Wints, Pargerum, of each six crops, a root of Gaula Campana, of Ligustice, Anniseeds bruised, of each two ounces: put all these to three gallons of mighty strong Ale, and put it into a brasie pot ober an easie fire, and set the Limbeck upon it, and stop it close with dowe or pisse, that no air do go out, and so keep it stilling with a soft fire, and so preserve it to your use, as need requireth.

Approved

*Approved Medicines for Physick
and Chyrurgery.*

A Medicine for the Megrin, Impo-
stume of the Rhume, or other
Diseases in the
Head.

The Pellitory of Spain, the weight
of a groat, and half so much Spigall,
beat these into powder; take the rosp
of Slope, of Moll-mary with the flowers thre
four leaves of Sage, in the whole of these
beards one small handfull, boyle all these beards
with the Spices in half a pint of white Wine,
and half a pint of Vinegar of Moses, untill ene
half of the liquor be consumed; then strain forth
the Beards and set the liquor to coole, and be-
ing cold, put thereunto three spoonfulls of good
Mustard, and so much Honey as will take
away the tartness of the Medicine, and when
the Patient feelth any paine in his head,
take a spoonfull thereof, and put it into his
mouth, and hold it a pretty while gargaling,
and then spit it forth into a vessel, and so use
to take ten spoonfulls at one time in the mor-
ning fasting, using this three daies together,
when

when they feele themselves troubled with
Ketorie: at the fall and spring of the Year
best taking thereof, and by the grace of God
shall finde ease.

You must keep this same Medicine beynd
in a glasse, whose goodnesse will last ten daies
and when you take it, warm it as milke from
Coto.

To defend Humours.

TAke Beanes, the rinde of the upper sh
being pulled off, bruise them and mixe
them with the white of an Egge, and make
stick to the Temples, it keepeth back humours
flowing to the eyes.

To make very good Pottage to be used
in the morning.

TAke a Chicken and seeth it in faire water
put to it Violet leaues a handfull or there
or else some other good hearbs that you like in
stead of them, and so let them seeth together
till the Chicken be ready to fall in pieces; then
strain it, and cut thin pices of bread and
boyle it till the bread be very tender, and then season
with Salt.

And on the fifth day, seeth the hearbs as be-
fore in faire running water, and strain it, and
seeth bread as before in it, and season it with
Salt, and put in a piece of Butter.

To make another Pottage to loose
the Body.

Take a Chicken and seeth it in running wa-
ter, then take two handfulls of Tutolet leaves,
and a good pretty sort of Raisins of the Sunne,
pick out the stones and seeth them with the Chic-
kin, and when it is well sodden, season it with a
little salt, strain it, and so serue it.

To make a Cawdle to comfort the Sto-
mack, good for an old man.

Take a pint of good Squashaine, and as much
of good stale Ale, and mingle them toge-
ther; then take the yolles of twelue or thirteene
Eggs new laid, beat well the Eggs first by them-
selves, and with the wine and Ale, and so boyle
it all together, and put thereto a quartern of Su-
gar, and a few whole Spice, and so stir it well,
till it seeth a good while, and when it is well
boiled, put therein a few slices of bread if you will,
and so let it stee a while, and it will be right good
and wholesome.

To make strong Broth for sick
Men.

Take a pound of Almonds, and blanch
them, and beat them in a Morter very
fine,

fine, then take the brains of a Capon, and
boile it; then put into it a little Creame,
make it brabo thozow a strainer, then set it on
fire in a dish, and season it with Rose-water,
Sugar, and so sir it.

To make Broth for one that
is weak.

Take a leg of Meele and let it ober the fire
a gallon of Water, skimming it clean: wh
you have so done, put in three quarters of a po
of small Rappins, half a pound of Prunes,
good handfull of Burrage, as much of Lamb
beef, as much Spints, and the like quantitie
Varts tongue; let all these steepe together till
the strength of the flesh be sodden out; then sir
it so clean as you can, and if you think the
tient be in any heat, put in Violet leaves
Sabozz, as you do of the other hearbs.

An excellent Drink for the Tislick
well approved.

Take a handfull of Fennell roots, as ma
Parsly roots, as many Alexander root
halfe a handfull of Borage roots, and
out the pithe of the said rootes; then ta
halfe a handfull of Penprill, as much
Violet leaves, and as much of Cinisfore,
much Succozz, Cardibe, Hollybocke Leaves
apall

Yellow leaves, and red Garden Spinks, of all
 these the like quantity as of those next before;
 a handfull of Liguice sticks scraped, beat-
 ed and beaten to fine powder, a gallon of faire
 running water, boyle therein all these simples,
 and boyle these seeds with them, that is, three
 handfulls of Anniseeds, as much Fennell seed,
 the like of Coliander seed, and Cummin seed, a
 handfull of Dandelion roots, and so boyle
 all together, from a gallon to a pottle, and let
 the Patient drinke thereof first and last, and it
 will help him in short space, probatum est.

For one that hath drunk Poyson.

Take Betony and stamp it, and mingle it
 with Water, and the poyson that the party
 hath drunk will presently come forth again.

To restore Speech that is suddenly lost.

Take Pennyroll, temper it with Apfell, and
 give it to the sick to drinke, and lay also a
 clothe of it to his nostrils so grieved.

To make a good Plaister for the
 Strangurie.

Take Hollyhokes and Violets, and Sper-
 curie: the leaves of these Herbs, or the
 rinde of them, also the rinde of the Elderne
 tree, and also yerdworst, of each of these a
 handfull

handfull, and beat them small, and seeth them in water till half be consumed; then put therein a little oyle of Olive, and all hot make thereof a plaster, and lay it to the soze and reines: also in the Summer thou must make him a drink in this manner, take Saxifrage and the leaves of Eldern, fife leaved grasse, and seeth them in a pottle of stale Ale, till the half be wasted; then strain it and keep it clean, and let the sick drinke thereof first and last, and if you lack these herbs because of Winter, then take the roots of the fife leaved grasse, and drie them, and make thereof powder; then take Oyster Shells and burn them and make powder also of them, and mingle them together, let the sick use thereof in his Pottage and drink, and it will help him.

To make a Powder for the Stone and Stranguillan.

Take the black Bramble Berries while they be red, the Berries, the inner pith of the Rapes, the stones of Eglantine Berries beaten rubbed from the haire, Rutehes, the root of Phellipendula, of all these a like quantitie, Acorne kernels, the stones of Plumes, of each like quantitie, drie all these in Platters in an Oven till they may be beaten to powder, then take

like Broomell seed, Marisfrage seed, Alexander
 seed, Collander seed, Parsly seed, Commin seed,
 Fenell seed, Annised, of each of these a like
 quantity, as much as is written, and dried in
 the sun; then beate all these to fine powder,
 and take liquorice of the best you can get, faire
 weighed as much in quantitie as of all the other,
 and sift it fine, and mingle it with the same pow-
 der, and so keeping it close that no winde come
 to it, use it first and last with Posset drinke made
 with white Wine or Ale, and when you eat your
 porridge or other Sooth, put some in it if you
 are sore pained, and if you have any stone, it will
 come away by sowers, and if it be so, when you
 finde that your water beginneth to clear again,
 use this drinke that followeth, and it will cleanse
 your Bladder, and will leaue no corruption
 therein.

The Drink for the Stone.

Take Rosemary and Lime and seeth them in
 running water, with as much Sugar as will
 make it sweet, from a quart to a pint. use the
 quantitie of your beards according to your dis-
 cretion, so that it may labour well of the beards,
 and so use it nine mornings, six or seven spoonfulls
 a time.

A Copy of Doctor Stevens Water.

Take a gallon of Gascoigne Wine, take Ginger, Galingale, Camomile, Nannon, Gaiues, Cloves, Pace, Amiseed, Fennell seeds, Caraway seeds, of ebery of them one dramme, that is, two pence hal penny weight; then take Sugar, minced Roses, Lime, Bellitory of the Wall, white Margetum, Penyrill, Penymountain, white Lime, Labender, Abens, of ebery of the one handfull; then beat the Spice small, and bruiſe the Hearbes, and put all to the Wine and let it stand twelbe houres, stirring of iders times; then still it in a Limbecke, and keepe the first pint of water by it self, so it best, then will come a second water, which is not so good as the first. The virtue of this water is this, It comforteth the spirits, and serueth greatly the youth of man, and helpeth inboard diseases comming of cold: against shaking of the Pulse, it cureth the contraction of the sinewes, and helpeth the conception of women; it killeth Wormes in the belly, helpeth the Tooth-ache, it helpeth the Colic, it comforteth the stomach, it cures the cold Dropſie, it helpeth the Stone in the Bladder, and the reines of the back, it cures

the Canker, and helpeth shortly a stinking breath.
 And who so useth this water now and then, and
 so often, it preferbeth him in good liking,
 and will make him seem young very long.

To make white broth with Almonds.

First, look that your meat be clean washed,
 and then set it on the fire, and when it boyle
 turn it clean, and put some salt into the
 pot, then take Rosemary, Lime, Fop and Spar-
 rum, binde them together, and put them
 in the pot; then take a dish of sweet Butter,
 and put it also into the Pot amongst your
 meat, and take whole Spice and binde them
 in a cloth, and put them into the Pot with
 quantity of Marjorie, and after that take
 quantity of Almonds as shall serue the
 use, blanch them, and beat them in a Mortar,
 and then strain them with the broth when your
 meat is in. And when these Almonds are strai-
 ned, put them in a pot by themselves, with
 a little Sugar, a little Ginger, and also a little
 saltwater, and then stirre it while it boyle,
 and after that, take some sliced Oranges with-
 out the kernels, and boyle them with the broth
 in the pot upon a Chafingdish of Coles, with
 a little Sugar, and then have some Sippers
 ready

ready in a platter, and serbe the meat upon them
and put not your Almonds in till it be ready
to be serbed.

To make a Tart to cause courage in
a Man or Woman.

Take two Quinces, and two or three
roots, and a Potato, and pare your
and scrape your roots, and put them into a quart
of Wine, and so let them boyle till they be
tender, and put in one ounce of Dates, and till
they be boyled tender draw them thorow a strainer,
Wine and all, and then put in the yolkes
eight Eggs, and the brains of three or four
Sparrows, and strain them into the other, and
a little Rosewater, and seeth them all with
Ginger, Sinamon, Ginger, Cloves and Mace,
also put in a little sweet butter, and set it upon
Chafingdish of coals, between two platters,
so let it boyle till it be something thick.

To make a sirrop of Quinces to comfort
the Stomack.

Take a pint of the iuyce of Quinces, a pound
of Sugar, and half a pint of Vineger,
Ginger the weight of five groats, of Sinamon
the weight of six groats, of Pepper the weight
of six groats.

A Medicine for all Sores.

Take untowght Oylar, Turpentine, ople
Oile, Sheeps Lallato or Deers Suet, a
quantity of every one of them, and then take a
quantity of the iurce of Bugell, the iurce of
smallage, a quantity of Rosen, and boyle them
all together ober a soft fire, stirring them al-
waies till they be well mingled, and that the
thicknesse of the iurce be come, and then strain
thozow a faire cloth into a cleane Vessel, and
this shall heal wound or soze, whatsoeber it be.

Another for all Sores.

Take a quarter of a pound of Pitch, as much
of Oylar, as much of Rosen, as much of Ca-
mens grease or other soft grease, and put them in
a Pan, and seeth them all together till they be
melted, and then strain them thozow a faire cloth,
and make a plaister to lay to the place grieved.

A Powder peerlesse for wounds.

Take Oymment and Verdigrace, of each
an ounce, of Jarriol burned till it be red,
two ounces, beat each of them by it selfe in
a Brazen mortar as small as Flower, then
mingle them all together, that they appeare
all as one, and keepe it in Bags of Leather
well

well bound, for it will last seven yere with
 virtue, and it is called Powder perrelesse,
 hath no yere for working in Chirurgery,
 put of this powder in a wound where as
 dead flesh, and lay scrap'd Lint about it, and
 Plaster of Duifl. sine next upon it, and it
 heale it.

To make water Imperiall for all wounds
 and Cankers.

Take a handfull of red Sage leaves, a hand-
 full of Selandine, as much Marjoram
 leaves; then take a Gallon of Conduit water
 and put the Herbs in it, and let them boyle
 a pottle, and then straining the Herbs thro
 a strainer, take the liquour and set it ober
 fire againe, and take a pint of English
 hony, a good handfull of Roeb Allom, as much
 white Coppas, Lime beaten, a peremptory
 Graine bruised, and let them boyle all together
 three or four watomes, and then let the scum
 taken off with a feather, and when it is cold, put
 it in an earthen pot or bottle, so as it may be kept
 close; and for an old wound take of the thinnest
 and for a green wound of the thickest, and having
 dressed them with this water, cover the sore either
 with Meale or Butten, and skin it with Dock
 leaves.

To make water Imperiall another way.

Take a handfull of Dragon, of Scabious, of Cardus, a handfull of Pimpernell, a handfull of Wormwood, of Kete, of Lantie, of Coton, of Maidenhaire, Cinquefoyle, Feberfew, Daylie leaves, Dandelion. Time, Saline, of each of these Hearbs a handfull, of Treacle a pound, of Bole Armoniack four ounces, and when you have all these Hearbs together, you must take and sized them a little, not too small, then take the Treacle and Bole Armoniack, and mingling them and the Hearbs all together, put them in a stillatoze and distill them, and fect.

To make Rosemary water.

Take the Rosemary and the Flowers in the middle of May, before Sun arise, and strip the leaves and the flowers from the stalks, take four oz fise Enula Campana roots, and a handfull oz two of Sage; then beat the Rosemary, Sage, and roots together, till they be very small, and take thze ounces of Cloves, 3 ounces of Mace, 3 ounces of Dubles, half a pound of Anniseeds, and beat these spices every one by it self. Then take all the Hearbes and the Spices, and put thereto four oz fise gallons of good white

white wine, then put in all these Herbs,
 ceas, and Wine into an earthen pot, and put
 same pot in the ground the space of fifteen daies
 then take it up, and distill it with a very soft fire
 To stanch blood.

TAke Sole Armoniack and Turpentine,
 making a plaister lay it to, or take the mo
 of the Pozell tree, and cast it into the Wine
 and it will stanch forthwith: and the longer
 it is gathered the better it is. Also take a
 piece of Hartmanns Waxe out of the rose,
 heat it on the Coals, and as hot as you may
 for it, lay it thereto: also take a piece of lea
 salt Wax, and let the Wax be of that greatness
 that it may fill the wound, and lay it in the fire
 in the hot ashes, till it be hot thowto, and being
 hot, thrust it in the wound and binde it fast, and
 it shall stanch anon the bleeding, when a member
 bein is cut and if the wound be large.

For swelling that cometh suddenly
 in Mans limbs.

TAke Varts tongue, Cherfoyle, and cut them
 small, and then take Dregges of Ale, and
 wheat Branne, and Sheeps Tallow molten,
 and do all in a pot, and seeth them till that they
 be

thick, and then make a plaiter and lay it to the swelling.

Also take faire water and salt, and stir them well together, and therein wet a cloth, and lay it to the swelling.

A good Ointment for Scabs, and itching of the Bodie.

Take foure ounces of Oyle de Rose, and an ounce of Frankincense, and two ounces of white Myrrer, and three ounces of Staines greece, and an ounce of Quicksilver, that must be flaked with fasting spittle, an ounce of great Salt, as much of the one as of the other, and of all these make an Oyntment, and if the Scabs or Itch be upon all the whole bodie, as well aboue the girdle as beneath: then when thou goest to bed wash both thy hands and thy feet with warme water, and batte them well therein by the fire, and after dry them with a cloth of Linen, then take up with thy fingers of that Oyntment, and do it in the palms of thy hands, and in the soles of thy feet, and rub it well together that it may drinke in well, and if it soake in well, thou must put Clothes on thy hands, and Socks on thy feet, and thus do ebery night when thou goest to bed: and if the Scab or Itch be aboue the girdle,

and

and not beneath, then annoint but thy hands, and if the scab be beneath the girdle, then looke thou annoint the soles of your feet, and if the itch be in all thy body, as well aboue the girdle as beneath, then thou must annoint both thy hands and thy feet as thou sittest by the fire, and thou shalt be whole. This hath been proved.

For all manner of Scabs.

TAKE Emula Campana, red Dock Rootes, Nightshade, Woodbind leaues, and then cut in a piece of Alhem, and put in Watrissell Romaine rubysied, and when it is cold wash the scabs therewith.

Also take white Myntment, Bzinzstone, Quicksilver, Merdigrease, and mingle them together, and therewith annoint the soze scab.

For sinewes that be broken.

TAKE wozms while they be knit, and looke that they depart not, then stamp them and lay it to the soze, and it will knit the sinewes that are broken in two.

To knit sinewes that be broken.

TAKE Archangell and cut it in small gobbets and lay it to the soze, and take Epistle and stamp it, and lay it aboue it hard bound, and let it lye so thzee daies, and at thzee daies end take it away, and wash it with wine, then make a
netu

the plaister of the same, and at three daies end
 at thereto another, and do nothing else thereto.
 Also take Penyerfall and beat it, and put Salt
 enough to them, and temper it with Honey,
 and make a plaister thereof, and lay it upon the
 sinews that be stiffe, and it will make them to
 stretch.

For Sinews that are shortened.

Take the head of a black Sheep, Camomill,
 Foxell leaues, Sage, of each a handfull, and
 beat these heards in a Morter, and boyle them
 all together in water, till they be well sodden,
 and let them stand til that they be cold, then draine
 it throught a strainer, and so use it.

An Oyle to stretch sinewes that
 be shrunk.

Take a quart of Beates foot Oyle, a pint of
 Beates Gall, and half a pint of Rosewater,
 as much Aqua vitæ, then put all these together
 into a brasle pan; then take a handfull of Leben-
 der cocten, and as much of Bayleaves, a good
 quantity of Rosemary, a good quantity of La-
 bender spike, of Strawberry leaues the strings,
 and all; then take thread and binde them all
 in severall bunches, and put them into the Pan

of Pot, and set them ober the fire upon cle
Coals, with the Oyles together, and so let the
boyle a good while, and when it is boyled enough
it will boyle but softly; then take it off the fire
and let it stand till it be almost cold, then strain
it out into a wide mouthed glasse, bottle, or Pot
ter pot, and stop it close, for it will not continue
in no wooden thing, and where the sinewes be
shrunke, take of this being warmed, and anoint
the place therewith; then chase it well again
the fire, and use this morning and evening, keep-
ing the place warme, you shall finde great
ease.

A soveraigne Oynment for shrunk
Sinewes and Aches.

Take eight Swallows ready to flye out of the
Nest, drabe also the Breeders when you
take them out, and let them not touch the earth
Stamp them untill the feathers cannot be percei-
ved; put to it Labender cotton, the string of
Beraberries, the tops of mother rime, the tops
of Rosemary, of each a handfull, take all the
weight of Bay Butter, and a quart more; then
having stamped the feathers in a stone mortar
that nothing can be perceived, make it up in
balls, and put it into an earthen Pot for eight
daies

ies close stopped, that ne air take them; then
 it out, and on as soft a fire as may be, seeth
 so that it do but simper, then strain it, and so
 use it to your use.

A remedie for the Shingles.

Take Doves dirt that is moist, and of Barley
 meale beaped half a pound, and stamp them
 all together, and put thereto half a pint of Wi-
 nger, and mingle them together, and so lay it
 the soze cold, lay Wall leabes thereupon, and
 let it lie thre daies unremobed, and on the
 third day if need require lay thereto a newe Plai-
 ster of the same, and at the most he shall be whole
 within thre Plaisters.

To make one slender.

Take Fennell and seeth it in Water a berg
 good quantitie, and bozinging out the iuyce
 thereof when it is sod, dzink it first and last, and
 shall purge either man or woman.

Certain

Certain approved points
 Husbandry, very necessary for
 all Husbandmen to know.

First of Oxen.

T Okens to be eby an Oxe is knoton to
 good and toward for the boozks are the
 ready and quick at the boyce, he mokes
 quickly, he is short and large, great eares,
 Hornes libely and of meane bignesse, and bla
 the head short, the bzeast large, a great po
 the taylor long, touching the ground, with a t
 at the end, the hair curled, the back straight, t
 repnes large, the leg strong and finetwice, t
 haife short and large: the best colour is Bl
 and Red, and the next unto that the Bl
 and Red, the white is the worst, the C
 and the Fallow, oz pello to is of the lesse value

the charge of one that helpeth them, is chief-
ly to feed them gently, and to serve them with meat
and drink, to rub or wash them at night,
to brush them over in the morning, washing
sometimes their tails both warm waters, also to
keep their fleeces clean, and that the Poultry of
the house be not in, for the feathers may kill the
hen, and the dung of sick Hogs breedeth the
disease.

Item, you must know discretely when Oxen
be laboured enough, and when but little, fol-
lowing to that they are to be fed.
Item, that you touch them not in a time too
hot or too wet.

Item, that you suffer them not to drinke pre-
sently after a great labour, and that you binde
them not up too tightly, until they be a little re-
freshed.

The Ox desireth cleare or running water,
and the Horse desireth the pabble or trodded
earth.
Item, that at their coming home, be al-
ways overtake them, whether there be any
dew in their feet, or if the peake have gaul-
ed them.

In France they geld all their Bull-calves
at the age of two years, and that at the fall
of the leaf,

The day when they are to be cut, they may not drinke, and must eat but a little. Then they daily clip the finewes of the stones with a pair of Tongues, and so cut off the stones in the sort, as they leaue behinde the and that is by unto the finewes, for so the Calf of Bullock shall not bleed oobermuch nor shall loose all his ability and courage.

At the Age of ten moneth the Bullocke chaungeth his foreteeth, and at fyre moneths after the scale the next teeth, and at the end of threer years he chaungeth all his teeth.

Notes when an Oxe is at best, his teeth are quall, to bite and long, and when he is old, his teeth be unequal and blacke.

If an Oxe haue the lakke, which oftentimes is with blood, and meeth him to be weak, they keepe him from drinke four or fyve dayes; then giue him walnuts and be Chests tempered in thicke wine, and for the uttermost remedy they let him bleed in the middle of the forehead.

To make him loose bellyed they giue him three ounces of Aloes made in powder with warm water.

An Oxe pisseth blood of being too much chafed or of eating ill herbes, or flower, then keepe him from drinke, and drench him with Treacle.

points of Urine oz Ale, putting ther-
in Saffron.

For the Cough with Hydrop in his drinke.

For the biting of an Adder, oz benemous Dog,
in amongst the place to the Dyle of Scorpion.

If he be lame of cold in his feet, then wash
with old Urine warmed.

If he be lame of the abundance of blood fallen
into the pastoznes and hoofe, they dissolve
by rubbing and launcing.

Item, the better to keepe your Oren in health,
whether they be to be laboured, oz to be fatted;
then wash his mouth eight dayes with Urine, for
it will take away much steame, which taketh
from an Oxe his taste and stomacke.

If the sicame have made him have the murre
which is knothome by the waterin of the eye, they
wash his mouth with Lime and white Urine, oz
with water and Salt.

Of Horses.

Of the parts of a good Calf: the Head little
and leane, the Eare straight, the Eyes
great, the nostrils wide, the Nocke little to-
wards the head, the back short and large, close
furred, the cushions oz stones equall and small, the
legs long, stuffed with haire thick and curled; the

legs equall, bigg and straight; the bar
hard and high, he should be quick and pleasant.

The age of Horses is known partly by
hoofe, and principally by the teeth. When
Horse is two yeares and a half, the middle
abobe and beneath do fall.

When he is four yeares old, the dogteeth
and others come in their places before he be
yeares old. the great teeth abobe do fall, and
first pear the first that fell come again; the second
pear all is full, and they be all full.

Of Sheep.

Certain daies before the Rams be put
to the Cows drench them with salt water, done
by the Cows will take the better, and the Rams
(they say) will have more full of appetite.

So have many male Lambs, they chuse
dew, and the winde at North, letting the Cows
go in pasture that lyeth open against the
thern winde, and then put in the Rams.

To have many female Lambs, then contrarie
to the north winde.

When a Cow is with Lamb, if she have
black tongue (they say) the Lamb will be black
if the tongue be white, the Lamb will be white.

of a good Sheep: a great body, the
long, the wool deep, soft and fine, the belly
flat and covered with wool. the teats great,
the eyes, long legs, and long taylor.

of a good Ram, the body high and
a great belly covered with wool, a flaccid
the forehead broad, eyes black with much
about them, great eares covered with
wool, great stones, well horned, but the more
the better; the tongue and pallat of
ground all white, to the end that the Lambs
be likewise white.

Of Hogs.

The Hog of himself though filthy, yet (they
say) he prospereth the best, if he lodge in a
drye, and ebery moneth his fye should be
washed with fresh grabell or sand, to make his
flesh fresh, and to dry up the pisse and filth.

They geld their Pigs when they are a yeere
or fix moneths at the least: for they wax much
fatter if they be gelded at the said age.

They chosse them for Bores that have the
head short and large, the breast large, colour
black or white, the fat short, the legs great,
and they that have strongest haire on the top of
their back.

These are to be kept for Sowes which longest, with hanging Bellies, great deepe ridged, a little head, and short Legges.

Pogges be sicke when they rubbe much their eare, or refraine their meat, but if none of these signes appeare, they plucke off one of the haire on the backe, if it be cleane and whole at the root he is well, if it be bloody or foule he is sicke.

They will have their Pogges either all white or all blacke, but in any wise not speckled, or of two colours.

They refraine from dunging their Land while the spoone increaseth, for that they obtaine the more abundance of Weedes to come the better.

Touching the Sowing of Beanes, we doe observe this: At the fall of the Leafe strong Land, they sow the great Beane. At Spring time in weake and round ground they sow the common small Beanes, and of both at the fall of the spoone, that they may be better codded.

They use to cut them at the new of the before day.

Their Flare as soone as they have gathered it, they set it under a House or Hobell, and let it not to take Raine or Dew as we doe.

To make Cheese looke yellowe, they put in a
little Saffron.

To keepe Apples, they lay them on Strato
wood, the eye of the Apple downeward, and
in the steepe.

And when they would haue any great
store, well and long kept from perishing, they
choose and chooke the soundest, heaviest and
freshest, being not ouer riped, they provide a
strong, Fatte, or great Buick, they bring
the Apples thither it shall stand, then they lay
laye of Strato, and upon the same a layre
of Apples, and then Straw againe, and Ap-
ples likewise, untill the bestell be full to the
top, thrusting it close with the head to cober,
that no ayre come in.

To cure the mallady of Trees that beare
worme-eaten fruit, which cometh of much wet
in a moist season, at the time they pierce the
Trees thorow with an Auger, as neere the
roote as they may, to the end that the humoz
wherof the Wormes doe breed may distill out
of the Tree.

If Trees through oldnesse or otherwise leaue
bearing of Fruit usually, they use not too loppe
them but onely cut away the head boughes (they
do uncaber the roots after All Saints tide,
and cleabe the greatest of the rootes putting
into

into the chists between of Flints, or hard stones
 letting them there remain to the end that the
 humors of the earth may enter and ascend
 the Tree: After about the end of winter, they
 cover again the roots with very good earth, &
 they have any dead Carrions, they bury
 about the roots of such Trees.

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